We Claim:

1. A method of quantizing digital video information, said method comprising:

determining a buffer occupancy accumulator as a difference between an actual amount of bits used and a requested amount of bits; and

limiting an amount of change in said buffer occupancy accumulator based upon frame properties.

2. The method of scaling digital video information as claimed in claim 1 wherein said frame properties comprise a frame type.

3. The method of scaling digital video information as claimed in claim 1 wherein said limiting an amount of change in said buffer occupancy accumulator is performed by clipping said buffer occupancy accumulator.

4. The method of scaling digital video information as claimed in claim 1 wherein said limiting an amount of change in said buffer occupancy accumulator is performed by scaling said buffer occupancy accumulator.

5. A method of quantizing digital video information, said method comprising:

determining a base quantizer value; and

determining a quantizer adjustment based upon frame properties.

6. The method of scaling digital video information as claimed in claim 5 wherein said frame properties comprise a frame type.

7. The method of scaling digital video information as claimed in claim 5 wherein said quantizer adjustment is further based upon a macroblock position.

8. The method of scaling digital video information as claimed in claim 5 wherein said quantizer adjustment is further based bits per pixel of a current frame.

9. The method of scaling digital video information as claimed in claim 5 wherein said quantizer adjustment is further based on a difference between a number of bits actually used and a number of bits that should have been used.

10. The method of scaling digital video information as claimed in claim 9 wherein said number of bits that should have been used is calculated in a manner that takes into account macroblock types.

11. The method of scaling digital video information as claimed in claim 5 wherein said quantizer adjustment is further based on a Normalized Sum of Absolute Differences (NSAD).

12. The method of scaling digital video information as claimed in claim 5 wherein said quantizer adjustment is further based on a macroblock activity measure normalization (mbactN).

13. The method of scaling digital video information as claimed in claim 5 wherein determining a base quantizer value comprises clipping said base quantizer value to produce an adaptively determined finite range.

14. A method of determining a quantizer for quantizing digital video information, said method comprising:

a delta value, said delta value comprising a difference between a number of bits actually used and a number of bits that should have been used.

wherein said number of bits that should have been used is dependent upon a frame type.

15. The method of determining a quantizer as claimed in claim 14 wherein said number of bits that should have been used comprises using different calculations for Intra-macroblocks and Inter-macroblocks.

16. A computer readable medium, said computer readable medium comprising a set of computer instructions for performing the steps of:

determining a buffer occupancy accumulator as a difference between an actual amount of bits used and a requested amount of bits; and

limiting an amount of change in said buffer occupancy accumulator based upon frame properties.

17. The computer readable medium as claimed in claim 16 said frame properties comprise a frame type.

18. The computer readable medium as claimed in claim 16 wherein said limiting an amount of change in said buffer occupancy accumulator is performed by clipping said buffer occupancy accumulator.

19. The computer readable medium as claimed in claim 16 wherein said limiting an amount of change in said buffer occupancy accumulator is performed by scaling said buffer occupancy accumulator.

20. A computer readable medium, said computer readable medium comprising a set of computer instructions for implementing a video encoder by performing the steps of:

determining a base quantizer value; and

determining a quantizer adjustment based upon frame properties.

21. The computer readable medium as claimed in claim 20 wherein said frame properties comprise a frame type.

22. The computer readable medium as claimed in claim 20 wherein said quantizer adjustment is further based upon a macroblock position.

23. The computer readable medium as claimed in claim 20 wherein said quantizer adjustment is further based bits per pixel of a current frame.

24. The computer readable medium as claimed in claim 20 wherein said quantizer adjustment is further based on scaling factor multiplied by a difference between a number of bits actually used and a number of bits that should have been used.

25. The computer readable medium as claimed in claim 24 wherein said number of bits that should have been used is calculated in a manner that takes into account macroblock types.

26. The computer readable medium as claimed in claim 20 wherein said quantizer adjustment is further based on a Normalized Sum of Absolute Differences (NSAD).

27. The computer readable medium as claimed in claim 20 wherein said quantizer adjustment is further based on a macroblock activity measure normalization (mbactN).

28. The computer readable medium as claimed in claim 20 wherein determining a base quantizer value comprises clipping said base quantizer value to produce an adaptively determined finite range.